



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

LOBSTER PROVIDES IDEAL OUTDOOR MEAL

Lobster, called "King of the Shellfish," is a "natural" for a hot weather meal, say the home economists of the Fish and Wildlife Service. Boiled, or broiled, over open grills or charcoal broilers during the summer months, this superb shellfish will provide a treat that your family and guests will long remember.

The smaller sized lobsters, called "chickens," are economical to buy and are as sweet and tender as the larger ones. The Service's home economists caution against overcooking the lobster. The meat will be tender, moist, and delicately flavored, they say, when cooked just long enough to remove from the shell. Hot or cold, the lobster can be served in its own colorful shell. Here is a basic recipe:

BOILED LOBSTER

2 one to 1½ pound live lobsters
3 quarts water
3 tablespoons salt

Plunge lobsters into boiling, salted water. Cover, and return to the boiling point. Simmer for 15 minutes. When cooked, drain, split from head to tail and remove stomach and intestinal vein. Crack claws. Serve with melted butter. Serves 2.

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